## PENDING CLAIMS

The claims as they now stand.

1. (original) A method for transmitting a data comprising the steps of:
transmitting a message indicative of the rate of said data and the time interval over
which said data will be transmitted at said rate; and
transmitting said data at said rate during said time interval.

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2. (original) The method of Claim 1 wherein said message comprises: an indication of the tram type;

an indication of said rate of said data; and an indication of said time interval.

3. (original) The method of Claim 1 wherein said message comprises:

a two bit indication of the frame type;

a four bit indication of said rate of said data; and

a four bit indication of said time interval.

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